

GARLAND SWIM PROGRAM

PARENT PACKET



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IMPORTANT GENERAL INFORMATION

- ❖ **All students are required to be in proper swim attire (a well-fitted swim suit for girls, swim trunks for boys) Details are under PREPARATION FOR CLASS (PAGE 2). No athletic wear, please.**
- ❖ We request that parents stay the first day of class to hear important information from swim program supervisor.
- ❖ Please be on time to drop off and pick up your children
- ❖ **To ensure student safety, only students and staff are allowed inside the fenced area during lessons.**
- ❖ Only one parent per child in the Starfish (parent-tot) class is allowed inside the fenced pool area during the Starfish Class.
- ❖ There is no childcare provided for siblings during classes. They must be supervised outside the fenced pool area.
- ❖ To give each student the maximum benefit from class time, we ask that parents refrain from communication with the students during class.
- ❖ At Bradfield Pool, the slide and spray ground area are closed during lessons.
- ❖ No alcoholic beverages or illegal drugs may be brought into the parks.

REGISTRATION POLICY

- ☐ Registration may be done in person by check, cash, or credit card at any Recreation Center
- ☐ Registration may be done by phone or online by credit card. We take Visa, Master Card, or Discover. Always print a copy of your receipt.
- ☐ No registration will be taken at the pools.
- ☐ **An additional \$4 fee will be assessed for registration completed after noon on the Friday before the session begins. Availability is not guaranteed.**

Registration takes place at all recreation facilities, the PARD office and online. These locations are listed below.

REGISTRATION LOCATIONS

Audubon Recreation Center

342 Oates Dr., 75043 - 972-205-3991

Bradfield Recreation Center

1146 Castle Dr., 75040 - 972-205-2770

Gale Fields Recreation Center

1701 Dairy Rd., 75040 - 972-205-3090

Granger Recreation Center

1310 West Ave. F., 75040 - 972-205-2771

Harris Hollabaugh Recreation Center

3925 West Walnut St., 75042 - 972-207-2721

Holford Recreation Center

2322 Homestead, 75044 - 972-205-2772

Parks and Recreation Administration Office

634 Apollo Rd., 75040 - 972-205-2750

Aquatics Office

634 Apollo Rd., 75040 - 972-205-2708/2757

Online Registration - www.garlandparks.com

Play Online Registration

WAIVERS

We need one waiver from each student signed by a parent/guardian with all necessary medical information on it. The student will not be allowed to participate in the water without the waiver.

HEALTH

No child will be allowed to participate with:

1. a severe cough
2. diarrhea
3. a nose running with colored mucous
4. a fever
5. an infection
6. open sores
7. a rash or appearance of ring worm
8. the appearance of anything we might suspect as contagious

For the protection of all students:

If a child has a condition which we might question, the parent/guardian must have a written statement from their doctor saying that the child is not contagious. We may contact the doctor for confirmation of the written statement. We reserve the right to keep the child away from the other students. Students with open sores may observe from the deck.

PREPARATION FOR CLASS

- **All students** must wear approved swim wear during class. For females, it is a swimsuit made of water –resistant fabric, not a leotard, athletic wear or exercise suit. For males it is swim trunks made of a water-resistant fabric, lined at least in the front and secure with a draw-string around the waist. No cut-offs, shorts, cargo shorts or sportswear will be allowed in place of a swim suit. The swim suit must fit properly to avoid embarrassment to the child and other students. Parents participating in a class must also wear approved swim attire. Anyone not wearing proper swim attire will be asked to observe class from the side of the pool until proper swim attire can be acquired.
- **Students**, who for any reason need to be completely covered, may wear a full-body bathing suit. These may be found in stores which specialize in swim wear and online by googling swim unitards. Head coverings must be a swim cap or an approved covering.
- Please apply sunscreen to your child at least 30 minutes before class
- NO GUM OR FOOD is allowed inside the pool area.
- For the safety of the student, hair must be pulled out of the face-for both boys and girls. We will provide hair bands if the hair is not pulled back.
- Personal toys are not allowed inside pool area.
- Please do not wear goggles until station 4
- Please do not wear FULL FACE MASKS
- **NO FLOATIES** are allowed.
- We recommend your child wear flip flops, as the pool deck can become very hot.
- Sharing a towel is not recommended.
- A jacket is recommended for cool days.
- Students should be ready at class time including application of sunscreen and bathroom needs completed.

THE SWIM CLASSES

PURPOSE

- Learn skills which will increase water safety knowledge ---**NO ONE IS EVER WATER-SAFE.**
- Learn new and improve existing swim skills within the bounds of this swim program.

KNOWLEDGE

- A child's ability to swim underwater is fun and certainly of value, but it is not considered an essential swim skill.
- A child's ability to swim with his/her head out of water continuously is also not considered an essential swim skill.
- **Definition of a well-rounded swimmer**- One who has completed all 10 Stations
- Students and parents need to know that it is most beneficial to complete the entire 10 station program. This is not a rushed process, but just like completing school, it must be done with integrity, reviewing what has been previously taught, and promoting to the next level only when all skills necessary for advancement have been accomplished. Completing all stations provides endurance, comfort, enjoyment and a sense of accomplishment. The skills acquired in the program may also provide the capability to assist oneself or others in an emergency in or near the water.

CLASS DIVISIONS AND TIMES

- **STARFISH (PARENT-TOT)** meets for 20 minutes water time and 10 minutes deck time.
One parent per child is required to participate in the water with the child in the Starfish (parent-tot) class. Other parents, siblings, relatives or friends must wait outside the gated area. For their own safety, siblings are not allowed inside the pool area unless they are enrolled in a class which takes place at the same time as the Starfish class. City Ordinance requires children 7 and under to be supervised in park areas.
*All parents and children participating in the class must wear approved swim attire. (See: PREPARATION FOR CLASS) **Children who are still in diapers must wear swim diapers.***
- **CLOWNFISH (PRESCHOOL) AND ADAPTED** meet for 30 minutes
- **STINGRAYS, SHARKS AND ADULT** classes meet for 40 minutes
- **WATER FITNESS** is a 60 minute class. Please come dressed in your swimsuit. There are no facilities available for changing clothes.
- **AQUA ZUMBA** meets for 1 hour, 3 days a week to combine the benefits of Zumba and water fitness.
- **SWIM TEAM** meets: 11-16 yrs- 1 hour
6-10 years- 1 hour

CLASS GENERAL INFORMATION

- The class will begin and end by the supervisor's watch.
- Class time includes safety instruction, deck work and in-water instruction.
- There is no time or space to allow students to change clothes between classes.
- If the student is repeatedly late, it could inhibit his/her progress. If a refund is requested for complaints regarding the progress of the student, a refund will not be considered if the child has been repeatedly tardy.
- Parents need to be on time to pick up students. If parents are repeatedly late to pick up their child, the supervisor may ask them to reschedule at a time that allows the student to arrive on time for the class.

- To emulate the conditions most near that of a child accidentally falling into the pool or out of a boat, we do not allow children in stations 1-3 to wear goggles. We want them to learn to open their eyes, orient themselves in the water and head for safety.
- For the safety of the students, parents must come to the gate to pick up their child. We will not release children to the parking lot. If you have a special need in regard to this rule (a disability that makes it difficult for you to come to the gate), please be sure the supervisor is informed on the first day. If children are riding their bikes to lessons we need a written permission slip signed by a parent.
- **Ratio of instructors to students:**
Occasionally, we must temporarily increase the number of students, but these are the ratios for which we strive.

| | | |
|---------------|---------------|--------------|
| Clownfish: | 1 instructor: | 2-3 students |
| Station 1-4: | 1 instructor: | 6 students |
| Station 5-7: | 1 instructor: | 6 students |
| Station 8-10: | 1 instructor: | 6 students |
| Adapted: | 1 instructor: | 1 student |
| Adult: | 1 instructor: | 6 students |

OTHER CLASS NOTES:

For the continued training of our lifeguards, you may witness the drop of a child-size mannequin into the pool. This is done as part of the ongoing training in awareness for our lifeguards. They will make a rescue just as if it were a real child.

During class, a child may be seen sitting on the deck. It could be for one of the following reasons:

1. The student is warming up because they displayed signs of being cold.
2. The student is observing some technique that is better able to be observed from the deck than in the water.
3. The student has received more than one warning for unacceptable behavior exhibited in class.
4. The student has an open sore.
5. The student came to class in street clothes instead of approved swim attire.

You may inquire of the supervisor after class the reason for your child being on the deck.

STATIONS

We teach skills in a 10 station progression.

We believe that safety skills are a very important part of swimming instruction and will be taught during each session.

***At the end of this parent packet is a STATION BREAKDOWN which is a brief summary of what is taught in each of the 10 stations.**

WATER SAFETY KNOWLEDGE

Purpose of incorporating Water Safety in the class:

- Out of the water safety instruction is just as important as in-water time.
- Water Safety instruction gives students skills to deal safely with water emergencies.

We will incorporate safety training in the lessons each session. It is a very important part of the curriculum. Your child will be asked to participate in lifejackets during each session/class in which they are enrolled.

EACH SESSION

- Consists of 8 lessons, Monday-Thursday of two consecutive weeks. Fridays will be used for staff designated make-up lessons
- If a holiday falls during a session, the session may be shortened and the cost reduced. There will be no make-up for this session.
- A make-up lesson will be given only in the event that classes are cancelled by the Aquatics Department.
(See Make-Up Policy for further details.)
- **Youth Aides/Volunteers**
Some pools have youth volunteers who help the instructor with a class. These volunteers receive the same training as our instructors.
The instructor is still doing the actual teaching but may give a volunteer a specific skill to focus on with your child. We value our volunteers because it means that your child is getting extra individualized attention and instruction.

QUESTIONS

Questions and student progress may be checked with the student's instructor at the end of each class. Due to time constraints, the supervisor may request a meeting at the end of the day.

If you have a concern about your child's class, please bring it to our attention as soon as you make the observation which will make it possible for us to respond immediately. If we don't receive a concern until the end of the session, we don't have the opportunity to address the issue.

PROCEDURES

BATHROOM

Please make every effort to take your child to the bathroom before he/she comes to lessons. To protect your student and our staff, our policy is as follows:

- We strive to never allow a child to be alone in the bathroom with an instructor, supervisor, or helper.
- If a child needs assistance in the bathroom, two staff members will accompany the child.
- Again, for the safety of the children, in an emergency, a parent and/or sibling may use the bathroom facilities inside the pool by asking the gatekeeper who will escort them to the door of the restroom and check to be certain there are no other children in the bathroom. The gatekeeper will escort them back to the gate. Only one non-participant or a non-participant adult assisting his/her non-participant child may use the restroom at a time.

WEATHER

With regard to the lightning and thunder policies for the City of Garland aquatics programs:

We follow the guidelines established by both the National Weather Service and the National Lightning and Safety Institute that state that if lightning is seen or thunder is heard, swimming pools should be closed for a minimum of 30 minutes. This policy is followed by the pool managers regardless if clouds are present or patrons have not heard the thunder or seen the lightning. The managers will attempt to track the progress of storms by Doppler Weather.

While we have no control over the weather, we do want to proceed with swim lessons as often as we are safely able. **We will have lessons in the rain if there is no lightning or thunder, and if the manager can see the bottom of the pool.**

When classes are held while it is raining, the temperature usually drops, so we want the parents to understand that we will allow the children to warm up on the side of the pool if they display signs of being cold.

Weather conditions can be different at each pool and can change at a moment's notice.

The best way to determine if your class will take place is to go to the pool. If you live a considerable distance from the pool, you may try calling, but there is no guarantee that your class status won't change before you arrive at the pool.

PLEASE, DO NOT CALL THE RECREATION CENTERS. THEY DO NOT KNOW THE STATUS OF CLASSES DURING INCLEMENT WEATHER

POOL PHONE NUMBERS

BRADFIELD 972-205-2774

HOLFORD 972-205-2776

WYNNE PARK 972-205-2777

If it appears that storms will be in the area for several hours all morning or evening, all lessons may be cancelled.

In this case, we will try to text you, if we have your cell number, or email to alert of closed classes.

Please call the Aquatics Office 972-205-2708 DURING REGULAR BUSINESS HOURS FOR UPDATED CLOSING INFORMATION. WE WILL MAKE EVERY EFFORT TO KEEP THE MESSAGE ON OUR VOICEMAIL CURRENT WITH THE WEATHER CONDITIONS THAT OCCUR BEFORE THE OFFICE CLOSES AT 5:00 PM.

MAKE-UP POLICY

- ❑ The pool supervisor will designate the time for the make-up lesson. The make-up time will be announced ASAP after the cancellation.
- ❑ Make-ups will only be scheduled if classes were cancelled due to weather or mechanical problems.
- ❑ We do not give make-ups for lessons missed due to illness, etc.
- ❑ In order to continue to keep the cost of lessons at a minimal charge, no refunds will be made for missed classes.
- ❑ We offer only two make-up lessons. We regret that in the event a scheduled make-up class is also rained out, there will be no additional opportunity for a make-up lesson.

***GARLAND SWIM PROGRAM
STATION BREAKDOWN**

STATION 1

WATER ADAPTATION

1. PROPER WATER ENTRY
2. WATER ADAPTATION
3. MOVEMENT IN WATER
4. BREATH- HOLDING AND RELEASE
5. BLOWING BUBBLES
6. SUBMERSION OF FACE
7. OPENING EYES UNDER WATER
8. BOBBING W/ BUBBLES AND AIR EXCHANGE
(*slowly and rhythmically*)
9. INTRODUCE BACK FLOATING
10. INTRODUCE BASIC KICKING SKILLS (*on deck*)
11. JUMPING IN (last day)

TO ADVANCE 1:

- ❖ **5 RELAXED BOBS (with air exchange)**
- ❖ **STUDENT MUST DEMO OPENING EYES UNDERWATER**

STATION 2

FRONT FLOAT / GLIDE AND BACK FLOAT/GLIDE

1. BACK FLOAT /RECOVER, W/ ASSISTANCE
2. ADD FINNING, IF NECESSARY
3. BACK FLOAT/RECOVER W/O ASSISTANCE
4. ADD THE GLIDE
5. BACK FLOAT- GLIDE/RECOVER WITH ASSISTANCE
6. BACK FLOAT-GLIDE/RECOVER W/O ASSISTANCE
7. READY POSITION AND STREAMLINE
8. FRONT FLOAT AND RECOVER
9. FRONT GLIDE AND RECOVER
10. INTRODUCE ROLL-OVER

TO ADVANCE 2

- ❖ **FRONT FLOAT/GLIDE/RECOVER
W/O ASSISTANCE-5 SECONDS**
- ❖ **BACK FLOAT/GLIDE/RECOVER
W/O ASSISTANCE-5 SECONDS**

STATION 3

KICKING SKILLS I

1. FRONT GLIDE W/ KICK AND RECOVER
2. BACK GLIDE W/ KICK AND RECOVER
3. INTRODUCE BEGINNER STROKE

TO ADVANCE 3

- ❖ **FRONT GLIDE W/ KICK FOR 15 FT**
- ❖ **BACK GLIDE W/ KICK FOR 15 FT**
- ❖ **DEMO BEGINNER STROKE**

STATION 4

ROLLOVER/CRAWLSTROKE (FREESTYLE)

1. ROLLOVER- BACK TO FRONT
2. ROLLOVER- FRONT TO BACK
3. FINNING
4. INTRODUCE SIDE BOBS
5. CRAWLSTROKE

TO ADVANCE 4:

- ❖ **DEMO ROLLOVER/ BOTH**
- ❖ **DEMO FINNING**
- ❖ **CRAWLSTROKE-20 FT**
- ❖

STATION 5

FREESTYLE/BACKSTROKE/

1. ADD BREATHING TO CRAWLSTROKE
2. INCREASE ENDURANCE
3. FUNDAMENTALS OF THE BACKSTROKE
4. INTRODUCE BI-LATERAL BREATHING (FREESTYLE)
5. TREADING-SHALLO W AND DEEP

TO ADVANCE 5:

- ❖ **CRAWLSTROKE W/ BREATHING 30 FT. (MINIMUM OF 4 BREATHS)**
- ❖ **BACKSTROKE -20 FT.**
- ❖ **TREADING-1 MIN**

STATION 6

BREASTSTROKE I/ ELEMENTARY BACKSTROKE

1. INTRODUCE DEEP WATER BOBS
2. BEGIN BREASTSTROKE KICK
3. EXTENDED FREESTYLE SWIM
4. DIVING
 - RULES
 - SITTING DIVE
 - KNEELING DIVE
 - STANDING DIVE (NOT HOLFORD)
5. ELEMENTARY BACKSTROKE

TO ADVANCE 6:

- ❖ **FREESTYLE-25 YDS. (BI-LATERAL BREATHING)**
- ❖ **BACKSTROKE-30 FT.**
- ❖ **ELEMENTARY BACKSTROKE -30 FT**

STATION 7

BREASTSTROKE II

1. BREASTSTROKE KICK
2. BREASTSTROKE ARMS
3. BREASTSTROKE SWIM
4. FREESTYLE ENDURANCE
5. BACKSTROKE ENDURANCE
6. ELEMENTARY BACKSTROKE ENDURANCE

TO ADVANCE 7:

- ❖ **FREESTYLE-50 YDS.**
- ❖ **BACKSTROKE-25 YDS**
- ❖ **BREASTSTROKE -25 YDS**
- ❖ **ELEMENTARY BACKSTROKE-25 YDS**

STATION 8

BUTTERFLY &TURNS

1. BUTTERFLY ARMS
2. BUTTERFLY SWIM
3. TURNS -OPEN AND FLIP
4. BREASTSTROKE-EXTENDED SWIM

TO ADVANCE 8:

- ❖ **FREESTYLE -100 YDS.W/ BILATERAL BREATHING**
- ❖ **BREASTSTROKE- 50 YDS.**
- ❖ **BUTTERFLY-25 YDS**

STATION 9

LIFETIME STROKES

1. SIDESTROKE KICK
2. SIDESTROKE ARMS

3. SIDESTROKE SWIM
4. ENDURANCE-ALL STROKES

TO ADVANCE 9:

- ❖ SURFACE DIVES
- ❖ FREESTYLE-200 YDS. (W/ BILATERAL BREATHING)
- ❖ BACKSTROKE-75 YDS
- ❖ BUTTERFLY-25 YDS.
- ❖ BREASTSTROKE- 50 YDS.
- ❖ ELEMENTARY BACKSTROKE-50 YDS.
- ❖ SIDESTROKE- 50 YDS

STATION 10

INDIVIDUAL MEDLEY

1. EXTENDED SWIM
2. TECHNIQUE REFINEMENT IN ALL STROKES

TO COMPLETE 10:

- ❖ FREESTYLE-300 YDS.
- ❖ BACKSTROKE-100 YDS.
- ❖ BREASTSTROKE-100 YDS
- ❖ ELEMENTARY BACKSTROKE-50 YDS
- ❖ INDIVIDUAL MEDLEY-100 YDS (25YDS EACH BUTTERFLY, BACKSTROKE, BREASTSTROKE, FREESTYLE)